



Buttermilk Cake with Blackberries

 Vegetarian

READY IN



75 min.

SERVINGS



20

CALORIES



96 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups blackberries plus more for serving
- ☐ 0.5 cup buttermilk at room temperature
- ☐ 1 large eggs at room temperature (large)
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar

- ☐ 20 servings whipped cream sweetened for serving
- ☐ 4 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ cake form

Directions

- ☐ Preheat the oven to 40
- ☐ Butter a 9-inch-round cake pan and line the bottom with parchment paper. Butter the paper.
- ☐ In a small bowl, whisk the flour, baking powder, baking soda and salt. In a large bowl, using a mixer, beat the butter with the 2/3 cup of sugar at medium-high speed until fluffy, 3 minutes. Beat in the egg and vanilla. At low speed, beat in the buttermilk and dry ingredients in 3 alternating batches, ending with the dry ingredients; do not overbeat. Gently fold the batter just until blended, then scrape into the pan and smooth the top.
- ☐ Scatter the 1 1/4 cups of blackberries over the batter; lightly press them in.
- ☐ Sprinkle the remaining 1 1/2 tablespoons of sugar over the cake.
- ☐ Bake for about 30 minutes, until a cake tester inserted in the center comes out clean.
- ☐ Transfer the cake to a rack to cool for 10 minutes. Turn out the cake and remove the paper. Turn the cake right side up and let cool completely.
- ☐ Serve with whipped cream and more blackberries.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:2.2569565202879%

Flavonoids

Cyanidin: 9mg, Cyanidin: 9mg, Cyanidin: 9mg, Cyanidin: 9mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.34mg, Catechin: 3.34mg, Catechin: 3.34mg, Catechin: 3.34mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 95.71kcal (4.79%), Fat: 4.17g (6.41%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 12.74g (4.63%), Sugar: 7.92g (8.8%), Cholesterol: 20.54mg (6.85%), Sodium: 77.97mg (3.39%), Alcohol: 0.07g (100%), Alcohol %: 0.22% (100%), Protein: 1.49g (2.99%), Manganese: 0.1mg (5.13%), Selenium: 3.3µg (4.71%), Folate: 15.43µg (3.86%), Vitamin B1: 0.06mg (3.8%), Vitamin B2: 0.06mg (3.6%), Vitamin A: 153.73IU (3.07%), Phosphorus: 27mg (2.7%), Fiber: 0.65g (2.58%), Calcium: 24.56mg (2.46%), Vitamin C: 1.89mg (2.29%), Iron: 0.41mg (2.28%), Vitamin B3: 0.44mg (2.2%), Vitamin K: 2.14µg (2.03%), Vitamin E: 0.24mg (1.62%), Copper: 0.03mg (1.44%), Vitamin B5: 0.13mg (1.35%), Vitamin D: 0.19µg (1.29%), Potassium: 42.76mg (1.22%), Magnesium: 4.84mg (1.21%), Vitamin B12: 0.07µg (1.2%), Zinc: 0.17mg (1.15%)